

Oregon Prescription Drug Monitoring Program Advisory Commission
Prescribing Practice Review Subcommittee
November 06, 2024 Meeting Minutes

Meeting Contact: Drew Simpson, drew.r.simpson@oha.oregon.gov, 971-673-1033

Subcommittee Attendees:

Dean Sidelinger, State Health Officer

Helen Turner, School of Nursing at OHSU

Kathi Norman, Physician Assistant, Psychiatry

Curt Hawkinson, Physician Assistant, Primary Care, Medical Director

OHA Attendees:

Elizabeth McCarthy, PDMP Epidemiologist

Drew Simpson, PDMP Coordinator

Agenda Items

1. Introduction and Updates
2. Presentation on Measure Changes
3. Discussion on Tri-Prescribing and Future Analysis
4. Action Items and Next Steps

Introduction and Updates:

- Simpson facilitated the meeting and confirmed that the subcommittee lacked quorum with only three members present. Simpson confirmed he is working to find new naturopath and dentist members to sit on the subcommittee.
 - A discussion took place about accepting and onboarding Jordana Gaumond as a new member to replace David Ferris, who has retired.
 - Simpson announced his transition into the Information Systems Manager role within the Injury and Violence Prevention Program. He will continue attending and facilitating subcommittee meetings.
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- Attendees introduced themselves and their roles, with some members having been on the subcommittee since its inception.

Presentation on Measure Changes:

- McCarthy provided an update on the opioid naive measure, where:
 - The threshold for long-duration opioid prescriptions was previously adjusted from 42 to 31 pills.
 - The number of patients needed to trigger a flag was reduced from 20 to 15 per quarter.
 - These updates were reflected in the Q4 2023 letters sent to prescribers.
- A new tri-prescribing measure was introduced in Q4 2023, flagging cases where a single prescriber issued overlapping prescriptions for opioids, benzodiazepines, and stimulants.
 - The first batch of prescriber letters with these changes was sent in Q1 2024.
 - No feedback has been received yet regarding these letters.
- The PDMP will begin collecting Schedule V medication data in January 2025, which will include pregabalin which has been an emerging drug of interest.
 - The subcommittee agreed to review how this data impacts existing analysis before incorporating it into prescriber notifications.

Discussion on Tri-Prescribing and Future Analysis:

- The Advisory Commission requested a justification for the implementation of the tri-prescribing measure.
 - The subcommittee reaffirmed the measure's importance in capturing high-risk polypharmacy cases beyond opioid-benzodiazepine combinations.
 - The inclusion of stimulants was debated, with members emphasizing the need to understand whether they are being prescribed to counteract the sedative effects of other medications or if they contribute to misuse.
 - The measure is primarily an educational tool for prescribers, raising awareness about potentially dangerous prescribing patterns.
 - A statement will be prepared to explain these points to the Advisory Commission.
- The subcommittee examined patient-centered tri-prescribing, where patients receive opioid, benzodiazepine, and stimulant prescriptions from multiple prescribers rather than just one.
 - Data showed that ~3,700 patients per quarter fell into this category, involving ~4,500 prescribers.
 - Approximately 50% of these prescribers had queried the PDMP in the relevant quarter, while the other half had not.

- The highest volume prescribers tended to be in family medicine, internal medicine, psychiatry, and neurology.
 - The subcommittee agreed to focus on cases with 5+ patients receiving these prescription combinations from multiple prescribers.
- The need for more detailed prescriber analysis was discussed, including whether certain prescribers routinely prescribed in ways that lead to a patient receiving this tri-prescribing combination from multiple prescribers.
 - Members expressed interest in determining how many of these prescribers regularly check the PDMP and incorporating that information into notification letters.

Next Steps

- The committee will reconvene in Q2 2025 to review Schedule V data and refine existing measures.
- Further analysis will be conducted on high-volume tri-prescribing cases, and findings will inform future prescriber education efforts.
- A comprehensive review of current PDMP measures will be undertaken to ensure continued effectiveness and impact.

Next Meeting: Q2 2025 (Exact Date TBD)